

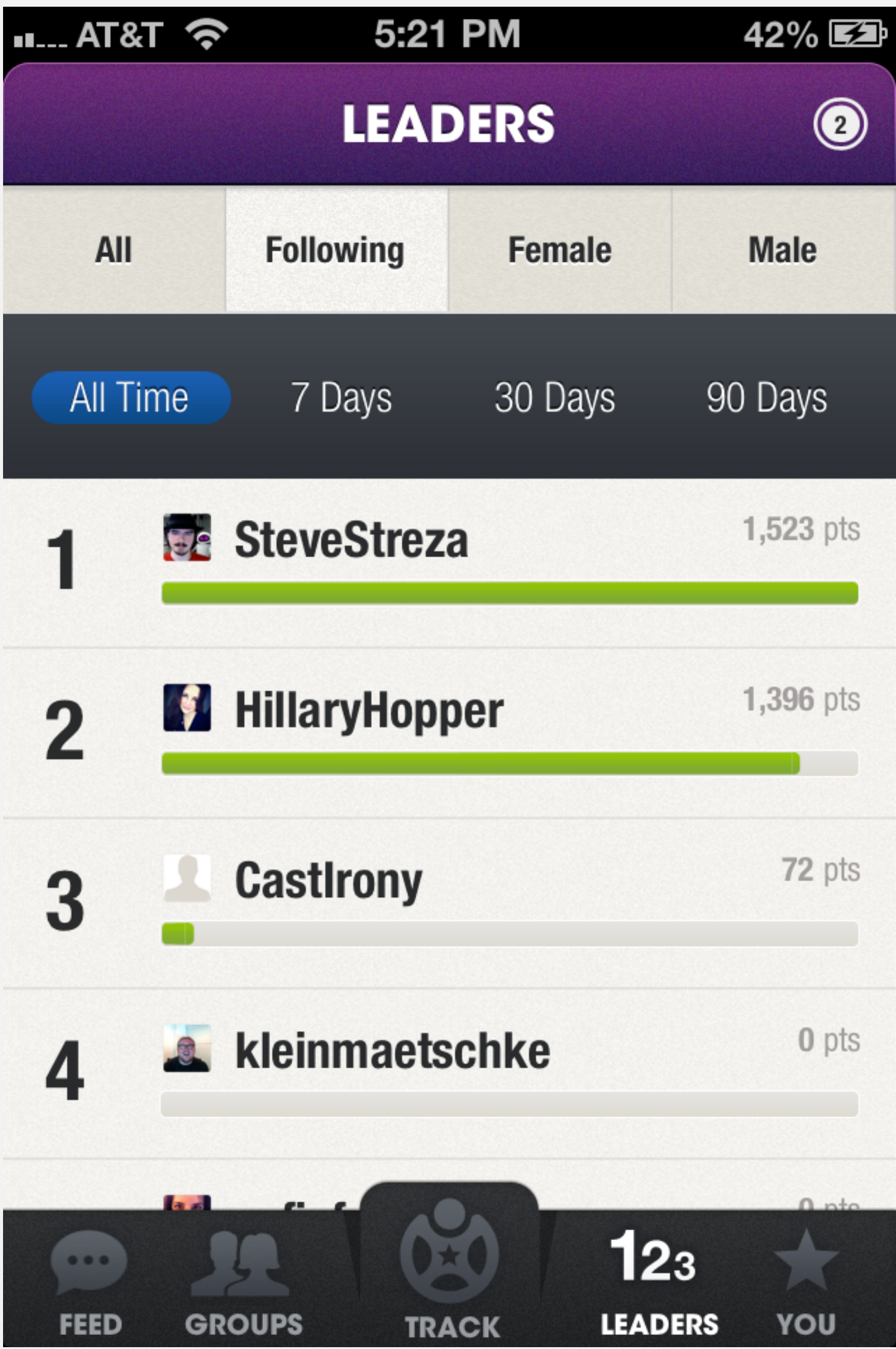
Get Fit with Fitocracy

Posted on June 12, 2012 by Shawn Wilkins

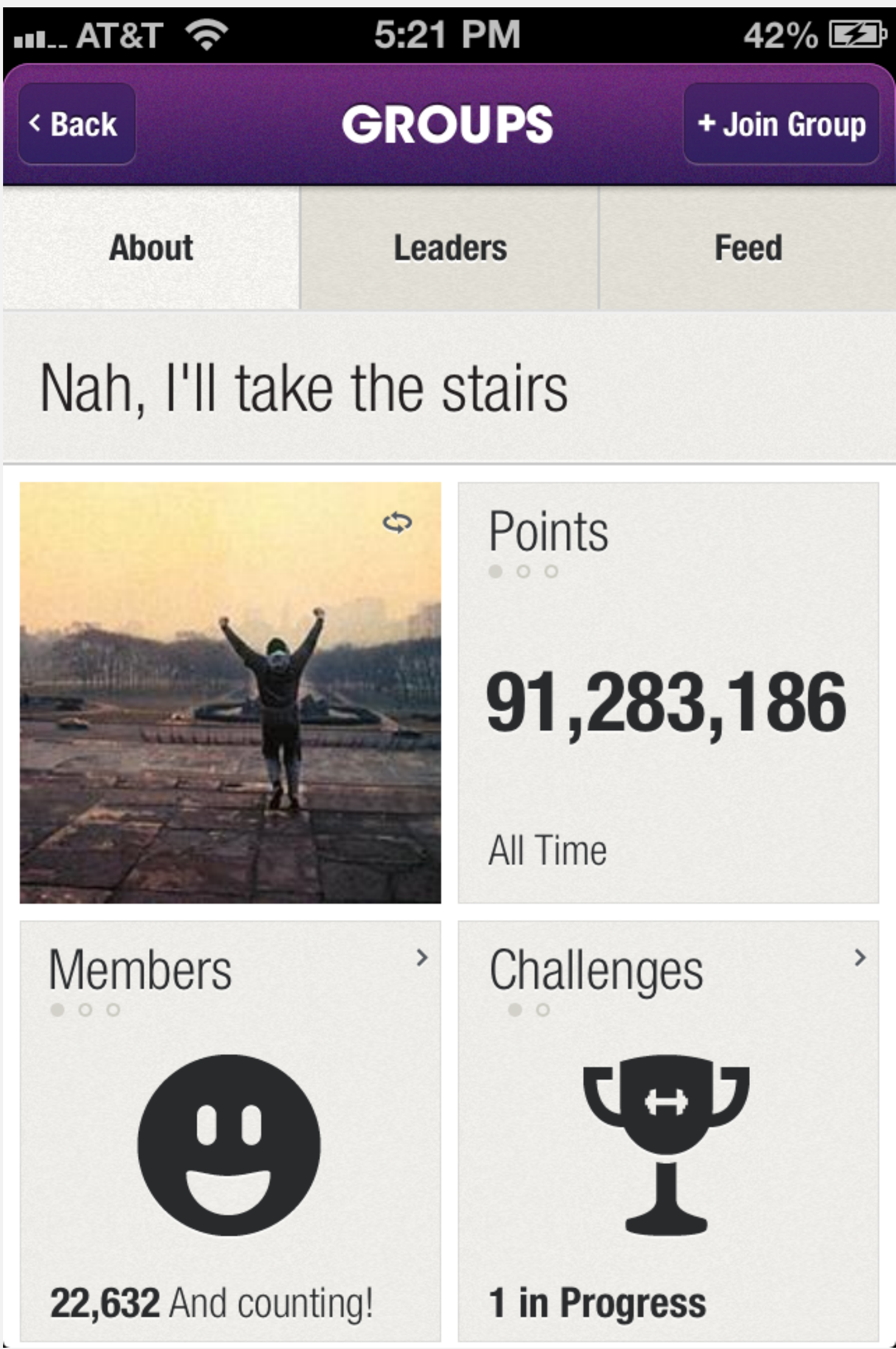


Many, many times we start to realize that our living style either isn't healthy or is doing nothing for our bodies in terms of wellness. We try and try to work out and stay fit, but we have no motivation. We try to eat healthier, but again, no motivation. What's there to help you maintain a healthy lifestyle and make sure that you actually work out when no one is around to encourage you? Easy; your phone.

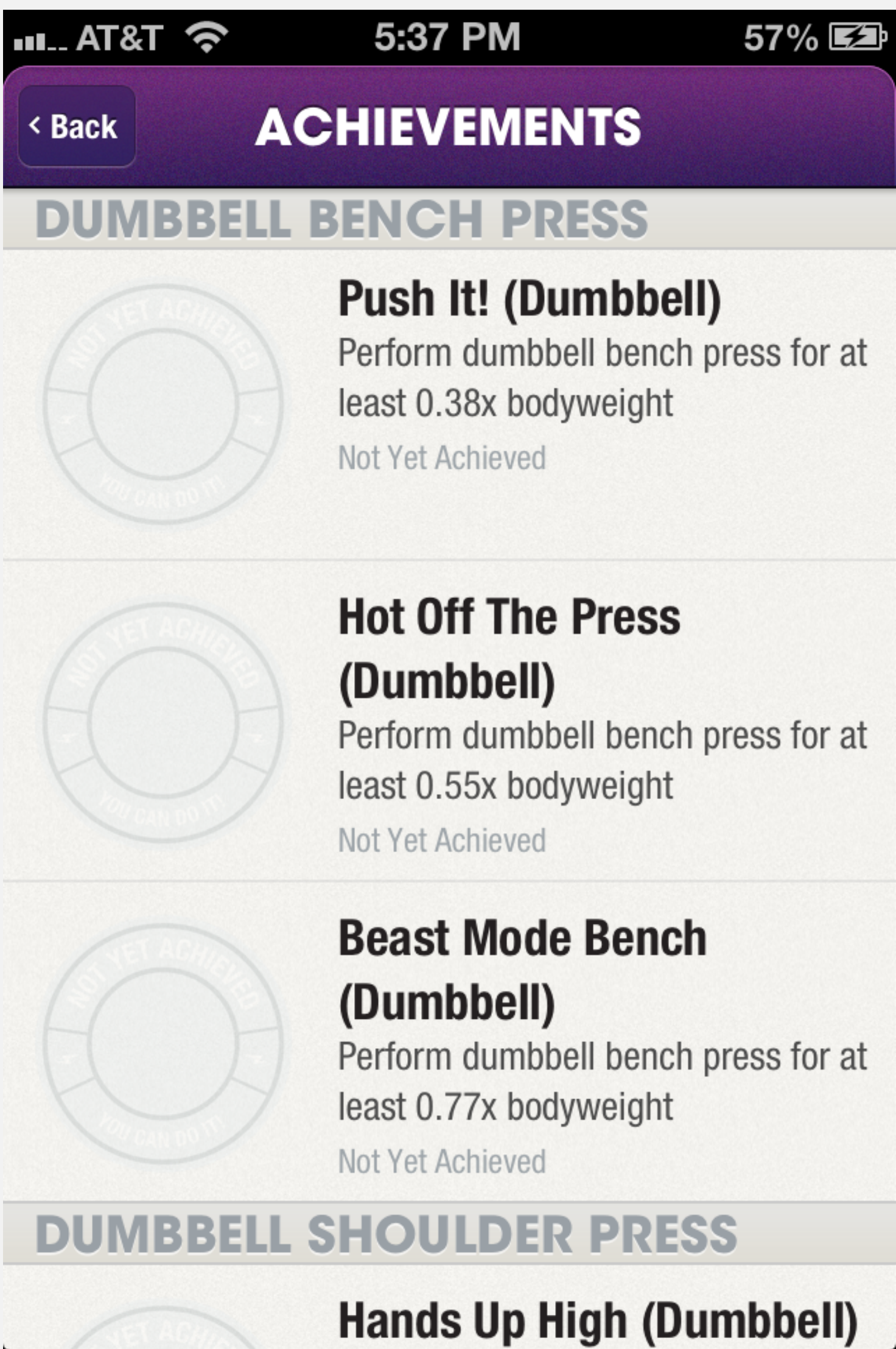
In comes Fitocracy, an app that specializes in making you feel like you've accomplished something after working out and pushes you to do more. It's not just a trainer in your pocket, it's an app you're happy to see.



The app mixes in your need for bragging rights, your self reliance on becoming fit, and your dire reliance on never failing. Much like a social network, you can follow certain friends, see what achievements they've done, how many points they've managed to garner up, and you get to try and do more challenges than them. It's like always having an eye on your friends work out habits and being able to show them that you are more than capable of passing them up on the leaderboards.

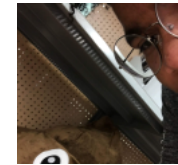


Joining groups is also something that I'd argue pushes you further. As humans, when we're allowed into something, we feel like we need to work our absolute hardest in order to maintain a sense of acceptance and appreciation. The more groups you join, the more people have their eyes on your fitness patterns and your work out methods. You can socialize with these people, but opening an app like this only to talk to other people who are working out while you aren't seems like a waste of time. Working out along with a group of people doing the same exercises as you definitely makes the workout much more invigorating.



There's also achievements and quests. As you can probably imagine, achievements are, well...achievements. After you do a task, you get awarded an achievement which then equates to points and adds to your leaderboard "score". Then you have your quests – they aim to push you harder. Try to get you to the next step instead of worrying about doing something that you know you can easily do through an achievement.

The app brings a lot to the table and it doesn't plan to stop there. There are many many things pushing this app's envelope in terms of how well it can make you physically **want** to work up a sweat, but it also makes it very easy to jump in. It's a social network for people who want to work out. People who want to look better. People who want to feel better. If you don't have that drive or don't want that for your life, don't get this app. If you want to be healthier, fitter, and feel overall better about yourself, you can get Fitocracy for free on the App Store or sign up via desktop.



About Shawn Wilkins

An enthusiastic writer who values quality over quantity. The abundance of posts shouldn't make the site, but rather, the quality of them. Aiming for perfection is the goal and anything less isn't acceptable. Long walks on the beach are accepted, however.

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